## German triathlon magazine tested screeneye x.

"Triathlon Training" issue 38 April-May 2013

# "virtual cinema"

**The head-up display of "screeneye x" should supersede the view to your wrist. Does this works?**

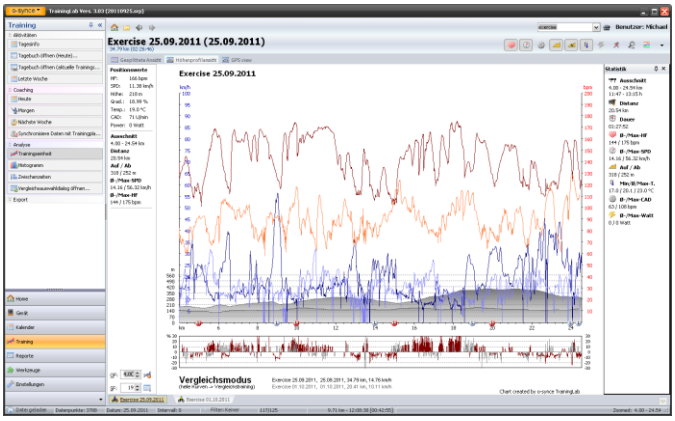
HUD – three letters, which can make techies eyes light-up. This description refers to the term of "head-up display" – "display where you don't need to move your head". Until now it was a technique, which mainly was used at the air traffic or in the automotive engineering, where the relevant information gets projected to the pilot or driver. But this kind of data display is also interesting for endurance athletes. The screeneye x from o-synce makes the first step to adjourn the training management from the wrist to your eye – and at least makes one eye of the athlete "shining". That's why on the left side beneath the visor a little display is placed, on which you can see all your training data. The athlete can see all important data in just one view, without moving the head. A light sampling foil on the visor regulates the display contrast so that the display can be seen even in poor lightening conditions. This works pretty well, even in the wintry dark morning - assumed, that the visor is placed correctly on your head. To catch the digits correctly you need to look into the display at a certain angle. The angle is adjusted automatically but if the washable headband is to loose, the display "shifts away" and reflects, instead of visualize the values. To avoid this problem, o-synce offers headbands in two sizes, which can be changed easily via snaps and can be washed in the washing machine.

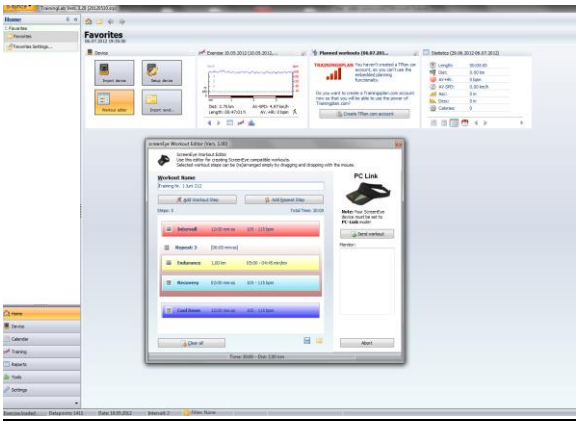
**"Push the button"**

The three buttons, which are integrated at the left edge of the visor are water resistant as well (not to be washed with the washing machine). Because of the limited space the buttons are relative small and with gloves not really usable. As an orientation- and differentiation feature the middle button does have a fine line on the surface but it's not tactile with gloves on. Although only three buttons are provided, the operations seems not to be intuitive: A short key stroke of the middle button starts a new lap, a three seconds key stroke starts and pauses the stop watch and a five seconds key stroke activates the display. The data will be displayed, when activating the sport modus and scrolled-through via the front and the rear button. To get to the coaching program you have to push the rear button for three seconds. If you upload a coaching, the opportunity to change the display view from

“simple” to “expert” is no longer available. Of course not an unsolvable puzzle or an excessive brainteaser but you need to know it. And therefore you have to read the user manual.

**“USB connected, training uploaded”**




Once it becomes operational, the sports visor was proved as a versatile and liable training companion. Above all if you combine it with the ANT+ compatible heart rate belt (for example the o-synce heart2feel x for EUR 59,90) and with the speed sensor (maxrun for EUR 69,90). You only have to pair the sensors when starting the screeneye x once: After the first pairing the screeneye x will always search and find all additionally paired sensors autonomously and displays for example heart rate, calorie consumption, speed, distance and temperature. The display values can be scrolled-through via the front- and the rear button; the values are displayed in a proper reading size. Unfortunately an auto-start-stop function is not integrated, so that the stop watch continues when the traffic light turns red. In the heat of the moment we pushed the middle button not long enough and so we did set up a new lap instead of pausing the recording. But this circumstance doesn’t distort the recording as the analysis at the pc offers the reconstruction of the training in total.
Here o-synce provides the free software trainingLab, which can be downloaded from the o-synce homepage. The functions are extensive but self-explaining. After registration you can set-up your basic settings of your device, in this case of your screeneye x. This includes measuring units (metric/imperial, Celsius/Fahrenheit, kg/pound), indicators such as weather, mood but also heart rate zones or GPS scrabbles. The user data are configurable as well. Heart rate limits and other personal settings (age, weight, size) will be uploaded to the visor via micro USB. Individual training programs can be generated with the trainingLab software – therefore prefabricated workout steps from warm up, intervals, cool-down can be selected, time- or distance parameter can be adapted and assembled to an individual workout. You always can send only one workout to the screeneye x and the visor will coach you through the training via intervals. It doesn’t give you an acoustic or optic signal when starting or stopping the coaching. So it doesn’t replace the sports watch completely. The software gives you a tabular and graphical summary of the passed exercise. Pie charts provide information about load ranges or running time.

**“For every day?”**

If we were skeptical about the screeneye x in the beginning, it did convince us more and more during the test runs. The display doesn’t distract and blends you during your run. Once internalized the operation mechanism, the visor is easy to handle. A simplified user guidance would be the icing on the cake at these novel technical gimmick. The price of about EUR 150 has to be relativized as you need additional accessories to enjoy the whole range of functions.

**Résumé:**

The screeneye x is a practical training companion. Besides protections against different weather conditions it offers various opportunities off data recording and training management, but doesn’t replace a sports watch completely. Advantage: The good legible display and the choice of two headband sizes.

**+**
Good legible display
two headband sizes
individual training
versatile software

**-**
no intuitive operation
additional accessories necessary

Our rating:

| | |
|---|---|
| Range of functions | 3/5 |
| operation | 2/5 |
| suitability for daily use | 5/5 |
| price/performance | 3/5 |
| overall impression | 3/5 |